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## Impact of zinc supplementation on diarrhea duration and severity in hospitalized children in Ardebil

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**Background:** Recent studies reported that zinc significantly reduced duration and severity of acute diarrhea in children. Zinc deficiency is prevalent in children in developing countries. Supplemental zinc provides therapeutic benefits in diarrhea. Our aim was to evaluate the effect of zinc supplementation on diarrhea duration and severity among children aged <5 y.

**Methods:** This study was a double-blind, randomized, placebo controlled trial. Children (228 subjects) who hospitalized with an acute diarrhea were randomly assigned to receive 20 mg Zn or placebo for the duration of illness.

**Results:** findings showed that the severity of diarrhea in supplemented children (75% > 3 times/d) was less than placebo group (90% > 3 times/d). No significant difference was found on the duration of diarrhea between two groups.

**Conclusion:** Our data indicate that zinc supplementation reduces the severity of acute diarrhea.

**Key words:** zinc- diarrhea-children

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